GRAINS OR CEREALS: 4–6 serves a day. Each of these is one serve …

1 slice bread
½ bread roll
¼ cup muesli
½ cup cooked porridge
½ cup flaky cereal
½ cup cooked pasta
½ cup cooked rice

VEGETABLES: 5+ serves a day. Each of these is one serve …

1 large carrot
1 cup broccoli
1 small potato
1 small tomato
½ corn cob
1 cup leafy greens
½ cup cooked vegetables
½ cup baked beans
½ cup cooked or canned legumes

FRUIT: 2 serves a day. Each of these is one serve …

1 apple
1 banana
2 kiwi fruit
4 dried apricots
1 cup berries
1 cup canned fruit
2 tablespoons sultanas
Half a small glass of no-added-sugar fruit juice

PROTEIN: 2–3 serves a day. Each of these is one serve …

A palm-size piece of raw meat or chicken (90-100g)
2 large eggs
A hand-size piece of raw fish (115g)
A small can of fish (95g)
A small handful of nuts or seeds (30g)
170g tofu (the size of a deck of cards)
1 cup cooked or canned legumes

DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve …

A 200g tub of yoghurt
1 cup cow’s milk or calcium-fortified alternative
2 slices reduced-fat cheese (40g)
A small Milky coffee (such as a flat white)
A quarter of an avocado
2 teaspoons table spread
2 teaspoons oil

UNSATURATED FATS: 2-4 a day

Each of these is one serve …

TREAT FOODS: not every day. Each of these is one serve …

A 1.5cm-thick slice of iced cake
5-6 lollies
A row (4 squares) of chocolate
2-3 plain sweet biscuits
2 small scoops of ice cream
12 hot chips
Half a 50g packet of potato chips

Choose the right portion

For more portion ideas, visit www.nestlechoosewellness.com.au